



# PARAKH

Insights to mental health

# What We've Been Up To

## With August's Rain, Approaches New Blooms



We, at Mind Garden strive to create a community and safe space for knowledge and growth. As August unfolded, we dived headfirst into various topics from exploring identity to dabbling in new projects and devoted ourselves to creating a



This commitment to mental health positivity continued with the opening of our podcast 'Candid Conversation' aimed to provide insights into the know-how's of therapy with our Chief Clinical Psychologist Ms. Sonakshi Gandhi.



We successfully advanced forward with our offline workshop 'Beyond The Surface: Exploring Self-Identity,' on the 19th of August, buzzed with enthusiasm as Ms. Sukhmani Bhatia skillfully guided a diverse group of participants on a journey of self-discovery.

As August gradually descended with the approach of a new month, we focused our attention to collaborative efforts to reveal glimpses of a therapist's life, we managed to pull this curtain through collaborations with Ms. Ananya Pant, a queer affirmative counseling psychologist via a reel showing a day in the therapist's life while simultaneously we probed into deeper issues with Ms Fabiha Sultana Sheikh, a counseling psychologist, in an informative instagram live led by our Ms Sonakshi Gandhi, discussing Therapist Burnout.

Our collaborations and programme were met with encouraging and positive feedback, filling us with satisfaction and passion to strive for more. We are grateful to all the participants, our fellow psychologists for sharing their insights and expertise with us.

The august blooms flowered with creativity, idea and novelty. With zelaous drive and commitment, we further move With our zealous drive and dedicated team we progress to push our aim further!

Instagram Live

## Behind the Scenes: Navigating Therapist Burnout

🕒 2 September, 2023, 7-8 PM

**Fabiha Sultana Shaik**

*Qualifications: M.SC Psychology  
Current Work Profile: Consultant Psychologist*

**Sonakshi Gandhi**

*Founder & Chief Clinical Psychologist Qualifications: M.A. (D.U), M.PHIL CLINICAL PSYCHOLOGY (IHBAS)*

@themind.garden



# What We've Been Up To

COMING SOON

## Beyond The Surface: Exploring Self-Identity

We are delighted to share an exciting news about The Mind Garden! Unlock Your Potential: Join Our Workshop for a Journey of Self-Discovery!

We're excited to bring you an upcoming event that promises to be a pivotal moment on your path to self-discovery and personal growth. Introducing our workshop, 'Beyond The Surface: Exploring Self-Identity', specially curated to guide you towards unlocking your hidden potential and empowering you to achieve your dreams.

In this engaging workshop, participants will have the opportunity to embark on a profound journey of introspection. Led by Sukhmani Bhatia (she/her), our expert facilitator and Psychological Training and Content Development Head at The Mind Garden, this transformative experience will offer insights into understanding your true self and leveraging your unique strengths to reach your goals.



This workshop will entail interactive sessions, thought-provoking discussions, and practical exercises designed to help you explore your inner landscape. Through guided self-reflection, you'll gain a deeper understanding of your identity and aspirations, setting the stage for a future filled with purpose and fulfillment.

And that's not all! As part of our ongoing commitment to fostering growth and connections, we're also in the process of creating a support group that perfectly complements the themes explored in the workshop. This group will provide a nurturing space to continue your journey, share insights, and build meaningful connections with fellow participants.

The future holds exciting opportunities for self-exploration and empowerment at The Mind Garden. We can't wait to embark on this journey with you as we dive beyond the surface to uncover the extraordinary potential that lies within.



# SUICIDE PREVENTION IN INDIA

Suicide is a desperate attempt to escape suffering that feels unbearable. Individuals at a high risk of suicide are often deeply conflicted about dying by suicide because they have a strong desire to end their problems, not their life. Blinded by hopelessness, isolation, self-loathing or other difficult feelings or thoughts they are often unable to find a solution to end their pain other than taking their own life. Suicide is rarely a result of a single cause. It most often occurs when multiple life stressors, such as personal, political, social, economic, existential, environmental, biological factors co-exist to create feelings of hopelessness. While the link between suicide and mental disorders (in particular, depression and alcohol use disorders) is well established, many suicides happen impulsively in moments of crisis.

Risk factors include experience of loss, loneliness, discrimination, a relationship break-up, financial problems, chronic pain and illness, violence, abuse, and conflict or other humanitarian emergencies. The strongest risk factor for suicide is a previous suicide attempt. Suicide is an emerging and serious public health issue in India. However, it is preventable with timely, evidence-based and often low-cost interventions. The suicide mortality rate per 100,000 population in 2016 was 16.5, while the global average was 10.5 per 100,000. This stark number underscores the urgency of addressing suicide as a public health crisis.

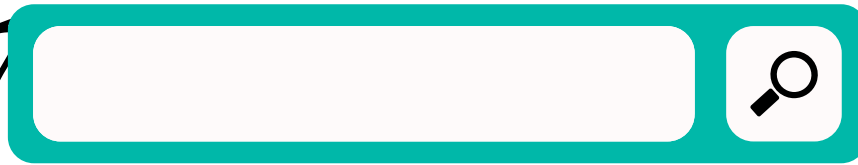


In recent years, the Indian government has taken steps to address the suicide crisis. The National Mental Health Programme (NMHP) is one such initiative aimed at providing accessible mental healthcare services. Additionally, the Mental Healthcare Act, of 2017, decriminalised suicide attempts, a significant shift that promotes understanding and compassion. Non-Governmental Organizations (NGOs) have played a crucial role in bridging gaps in mental health support. Organizations like Snehi and Roshni have established helplines that offer emotional support and guidance to individuals in distress. Various organizations and government bodies have established around-the-clock helplines to provide immediate support to individuals facing emotional distress. Efforts have been made to extend mental health services to rural and underserved regions of India. Government initiatives, NGOs, and increased awareness campaigns have begun to shift the narrative surrounding mental health. However, substantial challenges persist, including the stigma associated with mental health, a shortage of professionals, and inadequate funding.

To make meaningful strides in suicide prevention, India must prioritise mental health and suicide prevention as a fundamental aspect of public health. This entails increased funding, infrastructure, and widespread education and awareness. Mental health should be viewed as an integral part of overall well-being rather than a taboo subject to be hidden away. As India grapples with the complex issue of suicide, it's crucial for individuals, communities, and policymakers to work together. By acknowledging the problem, India can move towards a future where suicide is not a crisis but a preventable tragedy.



# ASK A THERAPIST



**How can students of psychology approach topics of sensitivity without getting triggered when they are going through emotional distress?**

Regarding sensitivity, we often find ourselves in the kind of work we do, facing many sensitive and delicate issues that need to be handled with a lot of fragility.

A few tips that can help young therapists deal with sensitive issues are-

1. Recognition is key- Recognising and Accepting that these are sensitive issues and that they seem to bother/ trigger you is the first step to any resolution.
2. Also, see what part of your history or background it comes from.
3. Be in personal supervision, which is a space that can help you to navigate this without harming your client in any way.
4. Be in personal therapy to take care of yourself as well.
5. Go easy on yourself, be kind, and know that we are doing extremely emotionally heavy work, which also requires its fair share of acknowledgement.

\*Disclaimer: The information we provide is offered as general educational content only. It should not be used to treat, assess or diagnose a psychological condition, nor should it be used as an alternative to obtaining professional advice from a qualified psychotherapist, clinical psychologist or psychiatrist.

Please always consult a professional health care provider about any health concerns you might have for yourself or on behalf of another person.



# ASK A THERAPIST



**I completed my MSc. Psychology in 2018 but I don't feel confident to start practice. I feel like I know nothing.**

First of all, thank you for acknowledging this. It takes courage to admit one's shortcomings, especially when one is new to the field, and that also shows how you intend to be a careful and sensitive practitioner, which incidentally is also one of the ethical codes of the APA (do no harm).

Here are a few tips to begin with-

1. **Read, read and read:** There's no dearth of information, so make sure to look up case vignettes and have a strong theoretical foundation as you continue to practice.
2. **Network and speak to your peers and supervisors,** and be in touch with stalwarts of the field.
3. **Ensure you are under supervision,** cover up all your blind spots, and ensure you are being your authentic best with your clients.
4. **Also, know that therapy is a journey for you and your clients.** Every client teaches you something as long as you are willing to learn.

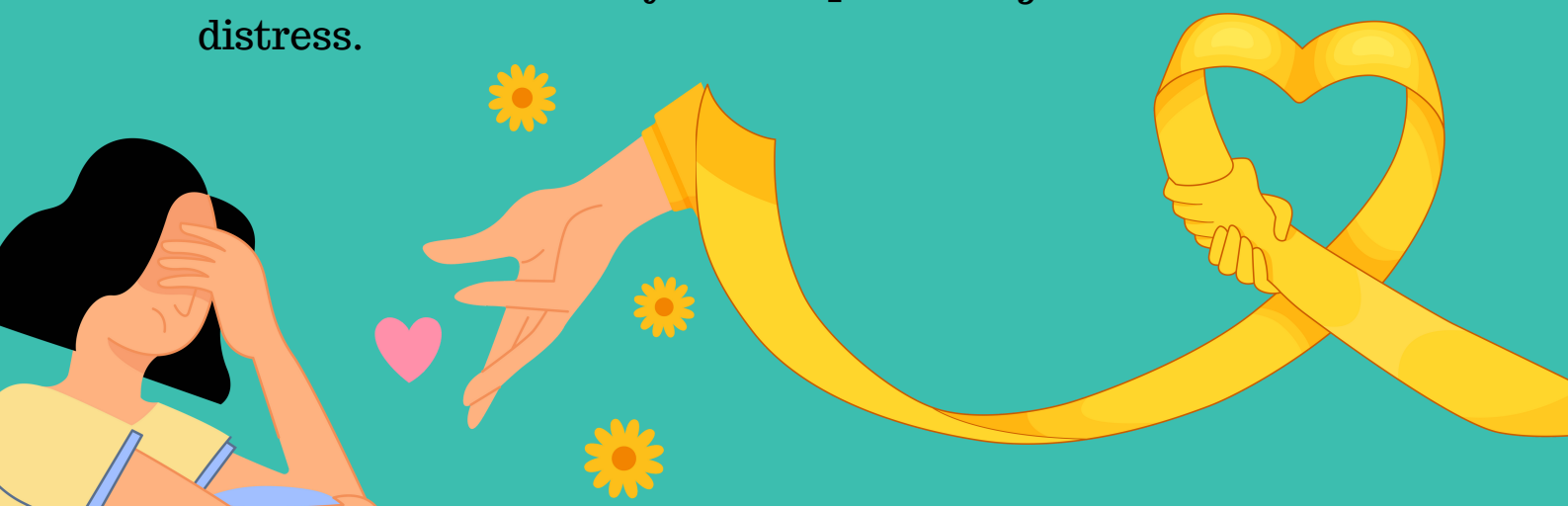
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# Recognizing Red Flags and Finding Support

The importance of highlighting that no one is ever truly alone in their challenges cannot be overstated in the context of mental health and suicide prevention. Awareness, empathy, and a desire to help one another are the first steps in a collective effort to prevent suicide. Here are some red flags to watch out for:

- **Loss of Interest in Personal Hygiene or Appearance:** Self-worth and self-esteem frequently correlate with personal hygiene. When someone starts disregarding their looks and hygiene for granted, it could signify their declining self-worth. They may believe they are unworthy of love and care, which may intensify feelings of hopelessness.
- **Compulsive Risk-Taking Behaviour:** Even if a person is not directly discussing suicide, engaging in careless behaviour, such as driving at high speeds, crossing roads without looking, or using drugs without thinking about the consequences, may reveal an underlying wish to escape from emotional anguish.
- **Giving Away Personal Items:** When people start to part with their possessions or set up their financial affairs, it is a subtle but crucial warning sign. This action could be seen as a farewell gesture.
- **Extreme Isolation:** People who isolate themselves and avoid social situations may be experiencing severe emotional distress.



We are committed to making sure that nobody feels alone during their darkest hours. Remember that there is hope, even in the face of life's most difficult obstacles, and that we are here to help you find it. If you're experiencing thoughts of suicide, our dedicated team of mental health professionals at The Mind Garden is here to support you. Reach out to us today by calling or emailing at the following contact information: +91-8595725506 / 011-41094123 or support@themind.garden.

There are also additional resources available to you, which you can explore below:

- +91 9152987821 (Monday to Saturday, 10:00am- 8:00pm)
- 800-891-4416 (24 x 7)
- +91 9152987821 (Monday to Saturday, 10:00am- 8:00pm)
- <https://icallhelpline.org/about-the-chat-line-reyou/>
- [https://www.suicidestop.com/suicide\\_prevention\\_chat\\_online.html](https://www.suicidestop.com/suicide_prevention_chat_online.html)
- <https://findahelpline.com/in>

Remember, you are not alone in this journey, and help is always within reach.



# FEEDBACK

**Feedback from our previously conducted in person experiential workshop on how to become a therapist.**

**"It is easy to provide content, but the content was done ethically. I was able to learn ethical things and I really enjoyed it and I will recommend others (for therapy and for such workshops). I got extremely anxious, but thank you for providing me with a safe, breathing space. I would have already recommended this place, but this gave me another reason."**

**"I liked how much open, calm discussions took place and the relevance of the information I gained today. It was in the sense offered practically relevant information, both therapists have faced in their practice. Timely started, structured presentation and experienced guiders."**

**"The facilitators and the content created was really nice. I also liked how the workshop was interactive throughout."**

**"It was very interactive and all the questions were answered patiently. It was informative, and I had a great time."**

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